



PRP Recovery Plan

Phase 1: Inflammatory response phase

FOCUS: minimal intervening, until this has settled, or 4 complete inflammatory days have passed

Day 0	Injection Day
Day 1 and 2	Inflammatory response, usually feels achy, can be quite sore, Consider pain relief to assist sleep
Day 3 and 4	inflammatory response, more manageable

Phase 2: Retraining phase

FOCUS: commence retraining

Day 5 and 6	inflammatory response has mostly settled
Day 7 to 9	usually find the response is returning to baseline levels of discomfort

Phase 3: Graded Increases

FOCUS: now that retraining has commenced, it is the first part of increasing load, either in frequency, volume, load or distance

Day 10 to 15	largely variable, according to response to increased tissue load
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Phase 4: Intentional plateau

FOCUS: this is usually the first sign of tissue repair post PRP, minimise overload for a few days to allow the foundation to this healing process, before increasing again

Day 16 to 19	usually find an improvement in symptoms, and function
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Phase 5: Graded Increases

FOCUS: move beyond the basic movements, add complexity and dynamic challenges

Day 21 to 28	continued noticeable improvement
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Phase 6: Goal focussed

FOCUS: depending on intra articular (joint) vs connective tissue (tendon, ligament, fascia) review the intended goal, and how to work toward this

Day 29 to 35	continued noticeable improvement, with improved recovery periods
Day 35 to 64	improvement slows, but still improving,
Day 65+	minimal change from PRP is noticeable, rehabilitation should be in full swing

Repeat PRP to be considered between weeks 4 and 6 (28 to 42 days)